### **CLASSES & RESOURCES IN THE COMMUNITY!**

Please contact PRRC 415-221-4810 x22839 and/or organizations on reverse side for updates on COVID 19 closures

MONDAY		
See website		
<b>Guided Group Meditation</b>		
Schedule on zoom		
10.15-11.15		

COFFE AND COMMUNITY

The Healing Well on Zoom
12:00--1:00

### Tai Chi

Veterans Building
ON HAITUS

1:00-2:00

# Mindfulness and Meditation

Main Library 5th Floor ON HAITUS



**Veterans' Resource Center** 

Benefits, Services,

Resources, and more!

Main Library

5th Floor

Computer Training Center

# 9:30-10:00 Community Chat

The Healing Well on Zoom

10:15-11:15

### Poetry

The Healing Well on Zoom



11:00-12:00 TECH TUESDAY SFPL

https://sfpl.org/locations/ virtual-library



# 9:00-10:00

Yoga Class

The Healing Well on Zoom



Schedule on website
OFFERINGS ON ZOOM

The Healing Well



### THURSDAY AM

WEBSITE ZOOM LINK
Guided Group Meditation

The Healing Well

### This spot intentionally blank







#### THURSDAY PM

9:00-10:00 Chair Yoga

The Healing Well on Zoom

1:00-2:00

### **Computer Basics Class**

Main Library 5th Floor Computer Training Center ON HIATUS

2:00-3:00

### **Guided Medication**

On Zoom HEALING WELL

1:30-2:30

**Every 3rd Thursday** 

# Recovering Yourself through Video at BAVC

Virtual Videoconference SEE REVERSE SIDE FOR LINK

2:30-3:30 Every 2nd & 4th Thursdays Drumming for Change

CALL x22839 FOR INFO/LINK

4:00-5:00

### Digital Device Drop-In

Main Library
5th Floor
Computer Training Center
ON HIATUS

For FRIDAYS with National

Parks via Zoom, please email

Mark.Smith2211e7@va.gov

### FRIDAY 9:00-10:00

Yoga Class

The Healing Well on Zoom

# FRIDAYS WITH NAT'L PARKS ON ZOOM

Mark.Smith2211e7@va.gov

10:00-10:45

#### Vet-to-Vet

Virtual Videoconference REGISTRATION REQUIRED SEE REVERSE SIDE FOR INFO

#### 11:30am-12:30

12 Steps for Healing

**HEALING WELL ON ZOOM** 

11:30am-1:30pm

# Heroes Voices Guitar Corps on Zoom

LEAVE YOUR EMAIL AT Heroes Voices Website FOR MORE INFO

1:00-3:00

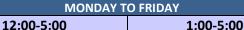
#### **Self-Directed Art Lab**

LEAVE YOUR EMAIL AT x22839 TO GET LINK OR FOR MORE INFO

3:00-4:00

#### **Veteran Photography Class**

With 6th on 7th Gallery LEAVE YOUR EMAIL AT x22839 TO GET VIDEO LINK



# AMVETS Success Center Employment and Career Services

Veterans Building 2nd Floor

PHONE HELP AVAILABLE



PHONE HELP AVAILABLE	PHONE HELP AV
SATURDAY	SUNDAY
11:00-3:00	5:00-9:00
Sahaja Yoga Meditation	Veterans Tango

Veterans Building Room 212

ON HIATUS

1:30-2:30pm Spirit Talk

Boeddeker Park SF ON HAITUS INFO: Healing Well website



### **CLASSES & RESOURCES IN THE COMMUNITY: Locations & Contact Information**

\*\*ALL Veterans Welcome\*\*

### **VETERANS BUILDING**

# 401 Van Ness Avenue (Between McAllister & Grove St.)

- AMVETS Success Center, 2nd Floor, M-F, 1:00-5:00pm
- Vet-to-Vet; Drumming for Change; Self Directed Art Lab; and Veteran Writing, Art, & Music (WAM) Class
   Contact Dan Evenhouse at 415-221-4810 x22839 or x16019
- Yoga for Veterans
   <u>Contact</u> Carl Schuler at 415-221-4810 x25890
- Heroes Voices Guitar Corps
   <u>Contact</u> Richard Harrell at 415-385-0596
   r.harrell@heroesvoices.org
- Veterans Tango and Art of Dressing
   <u>Contact</u> Ivan Shvarts, 415-760-9374
   GoldenAgeTangoAcademy@gmail.com

# **SAN FRANCISCO PUBLIC LIBRARY, Main Library**

**100 Larkin Street** (Between Fulton & Grove St.)

https://sfpl.org/locations/virtual-library

• Veteran's Resource Center, 5th Floor, Computer Training Center Bridge at Main Learning Center

Contact Brian Castagne, 5<sup>th</sup> floor, 415-557-4388

### **BAY AREA VIDEO COALITION**

**2727 Mariposa Street** (Between Florida & Bryant St.)

# **SIXTH ON SEVENTH GALLERY**

105 7th Street (Between Mission & Minna St.)

Contact Dan Evenhouse, 415-221-4810 x22839 or x16019

# THE HEALING WELL

# 476 Eddy Street

<u>Contact</u> 415-500-2099 support@healingwellsf.org

### **FunCheap SF Events Calendar:**

http://sf.funcheap.com/

**Veterans Building Calendar** 

http://bit.ly/1RaVr2b

**PRRC Community Events Calendar:** 

http://tinyurl.com/hf6b3he

### **GOLDEN GATE NATIONAL PARKS VOLUNTEERING**

<u>Contact</u> Yakuta Poonawalla, Community Programs Manager, 917-689 8515

ypoonawalla@parksconservancy.org

### **VA W.A.R.I.O.R. PROGRAM**

10am-3pm every first Friday, unless otherwise posted.

Free community shuttle from Ft. Miley VA to Golden Gate National

Parks sites for hiking, meditation, nature, etc.

Meet in front of building 200 at Ft. Miley VA.

Contact Mark Smith to register, 415-609-7986

mark.smith2211e7@va.gov